

WINTER PRACTICE PERIOD

January 28 to February 23, 2019

SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDY	THURSDAY	FRIDAY	SATURDAY
SHINREI (wake-up bell)	4:30	6:00	4:30	4:30	4:30	4:30	4:30
MORNING BELL	4:45	6:15	4:45	4:45	4:45	4:45	4:45
ZAZEN	5:00 zazen	6:30 zazen	5:00 zazen	5:00 zazen	5:00 zazen	5:00 zazen	5:00 zazen
KINHIN	5:40	--	5:40	5:40	5:40	5:40	5:40
ZAZEN	5:50 zazen	--	5:50 zazen	5:50 zazen	5:50 zazen	5:50 zazen	5:50 zazen
MORNING SERVICE	6:30	7:10	6:30	6:30	6:30	6:30	6:30
ORYOKI BREAKFAST	7:00	7:30 informal	7:00	7:00	7:00	7:00	7:00 Zendo
SOJI (daily cleaning)	8:30	--	8:30	8:30	8:30	8:30	--
WORK PRACTICE	9-11	--	9-11	9-11	9-11	9-11	8:30-10 work
ZAZEN	11:30 zazen	--	11:30 zazen	11:30 zazen	11:30 zazen	11:30 zazen	10:30 zazen
NOON SERVICE	12:15	--	12:15	12:15	12:15	12:15	11:00 Lecture
ORYOKI LUNCH	12:30	12:00 informal	12:30	12:30	12:30	12:30	12:15
WORK	--	--	2:15	--	2:15	--	2:15
STUDY FORMS	2:15	--		2:15		2:15	--
PERSONAL CLEANING		12:00-6:00					
ZAZEN	5:10 zazen	--	5:10 zazen	5:10 zazen	5:10 zazen	5:10 zazen	5:10 zazen
EVENING SERVICE	5:45	--	5:45	5:45	5:45	5:45	5:45
ORYOKI DINNER	6:00	6:00	6:00	6:00	6:00	6:00	6:00
ZAZEN	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen	7:30 zazen
KINHIN	optional	8:10	8:10	8:00 Service	8:10	8:10	8:10
ZAZEN	--	8:20 zazen	8:20 zazen	(6th, 20th)	8:20 zazen	8:20 zazen	8:20 zazen
LIGHTS OUT (pillow bell)	9:00	9:00	9:00	9:00	9:00	9:00	9:00

<p>Recommended books</p> <ul style="list-style-type: none"> • <i>The Mountains and Waters Sutra: A Practitioner's Guide to Dogen's Sansuikyo</i> by Shohaku Okumura • <i>The Way of Mountains and Rivers: Teachings on Zen and the Environment</i> by John Daido Looi • <i>Shobogenzo: Zen Essays</i> by Dogen translated by Cleary • <i>Moon in a Dewdrop: Writings of Zen Master Dogen</i> edited by Kazuaki Tanahashi 	<p>Saturday Feb 23 - Shuso Ceremony (open to the public)</p> <p>5:00 - 7:45 Zazen, morning service, oryoki breakfast 8:30 - 10:00 Work practice 10:30 Zazen 10:50 Instruction for Mondo participants 11:00 Shuso Ceremony 12:00 Group photo and Reception</p>
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ALL PRACTICE IS OPEN TO PUBLIC